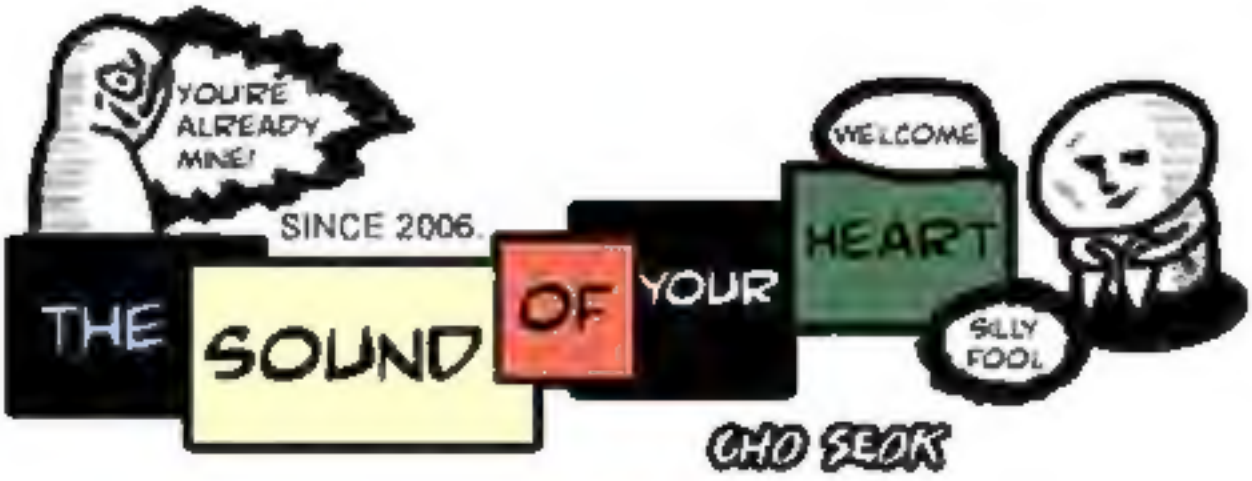
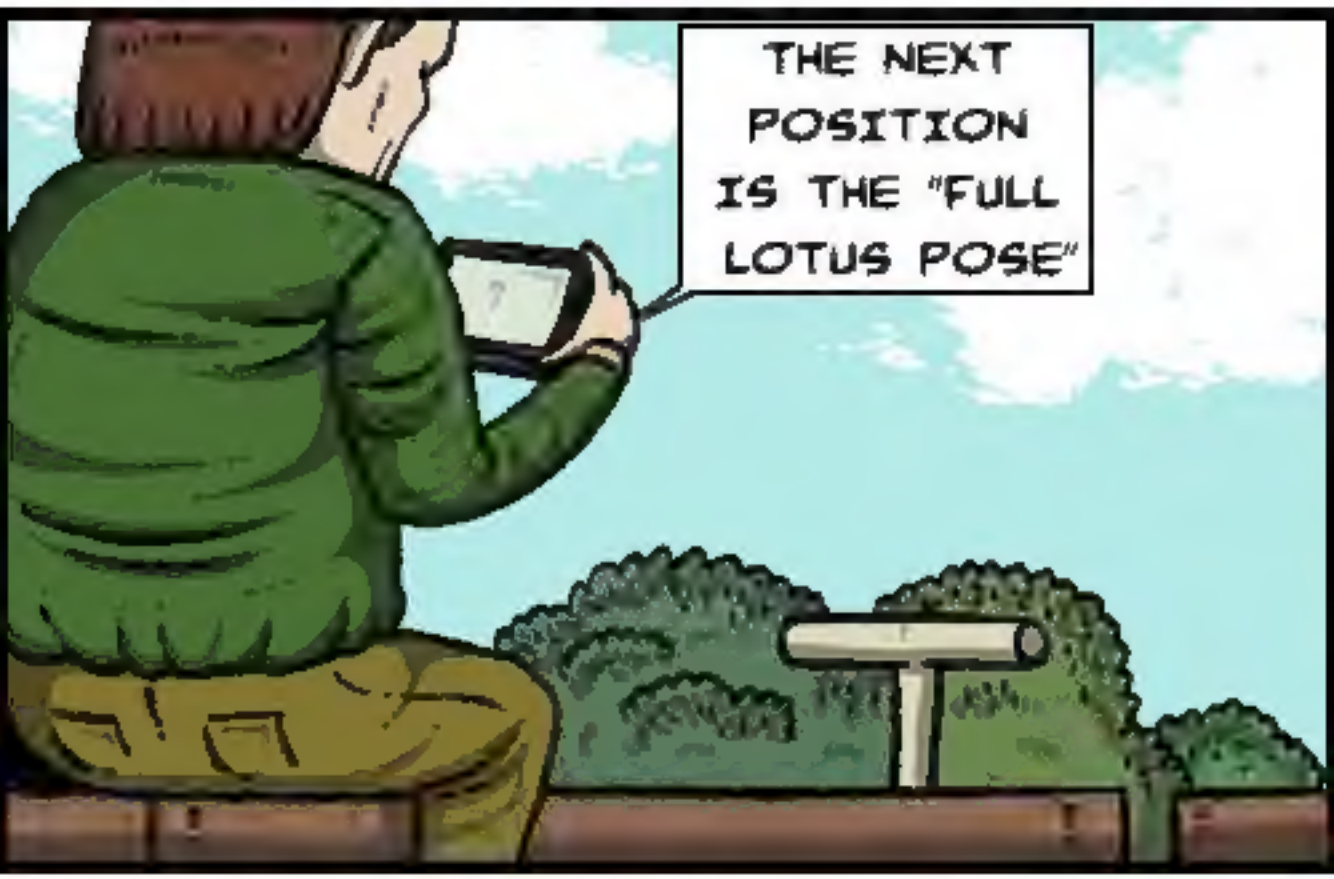


NEVER GO FULL LOTUS

MY DAD WENT TO A LOCAL PARK
TO GET SOME FRESH AIR

HE LIKES TO EXERCISE THERE SOMETIMES TOO

I DON'T KNOW WHY,
BUT HIS BACK'S BEEN GETTING WORSE LATELY



SO HE DECIDED TO TRY HEALING
IT WITH SOME POPULAR YOGA MOVES

FULL LOTUS POSE

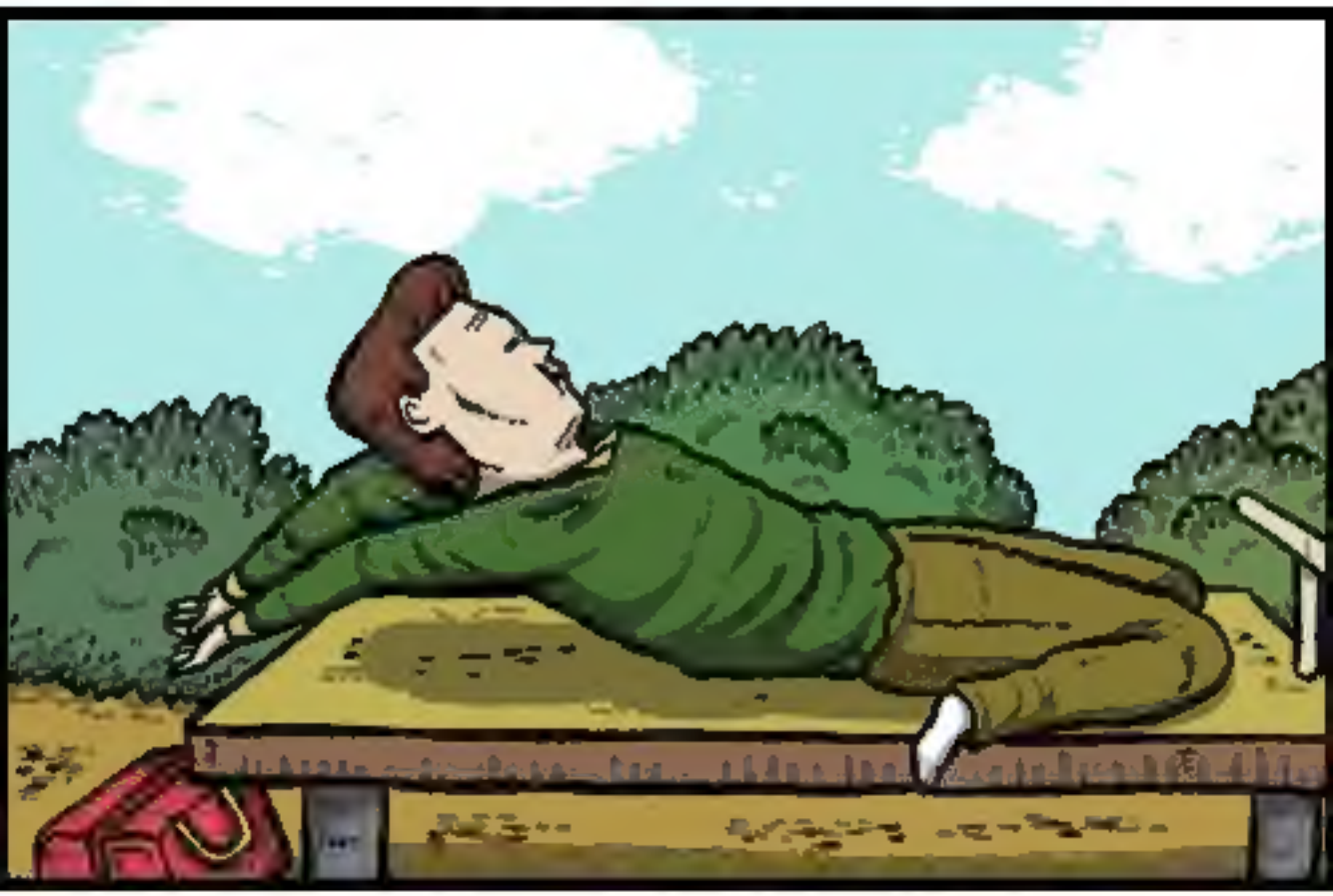
① BEND BOTH KNEES, SIT DOWN AND GRAB YOUR ANKLES

② LAY DOWN ON YOUR BACK WHILE HOLDING YOUR ANKLES

③ STRETCH BOTH ARMS PAST YOUR HEAD

AND HOLD THE POSITION FOR
AT LEAST THIRTY SECONDS

I DON'T KNOW WHY,

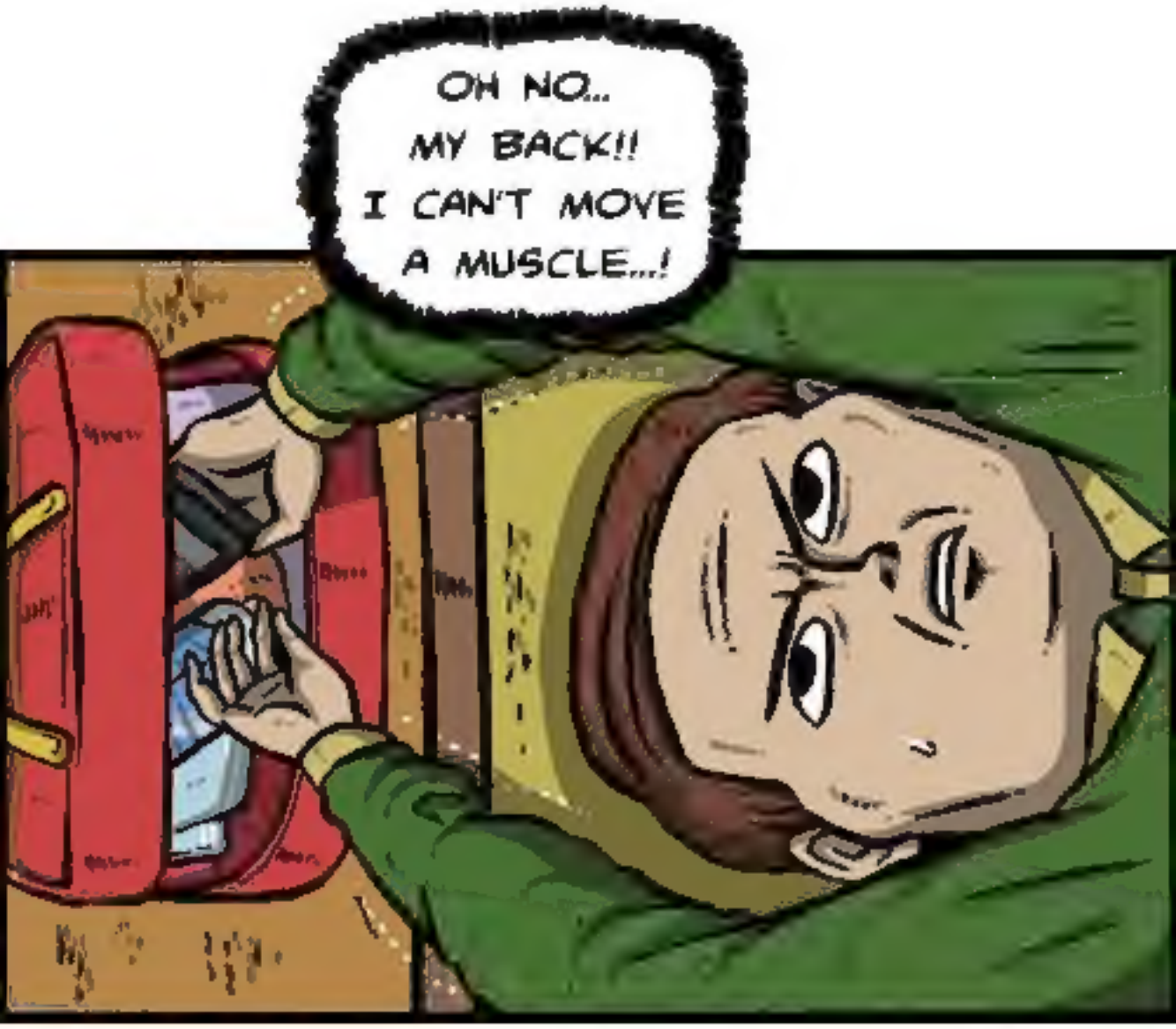


BUT HIS BACK'S BEEN GETTING WORSE LATELY

31....32.....33.....34

FULL LOTUS

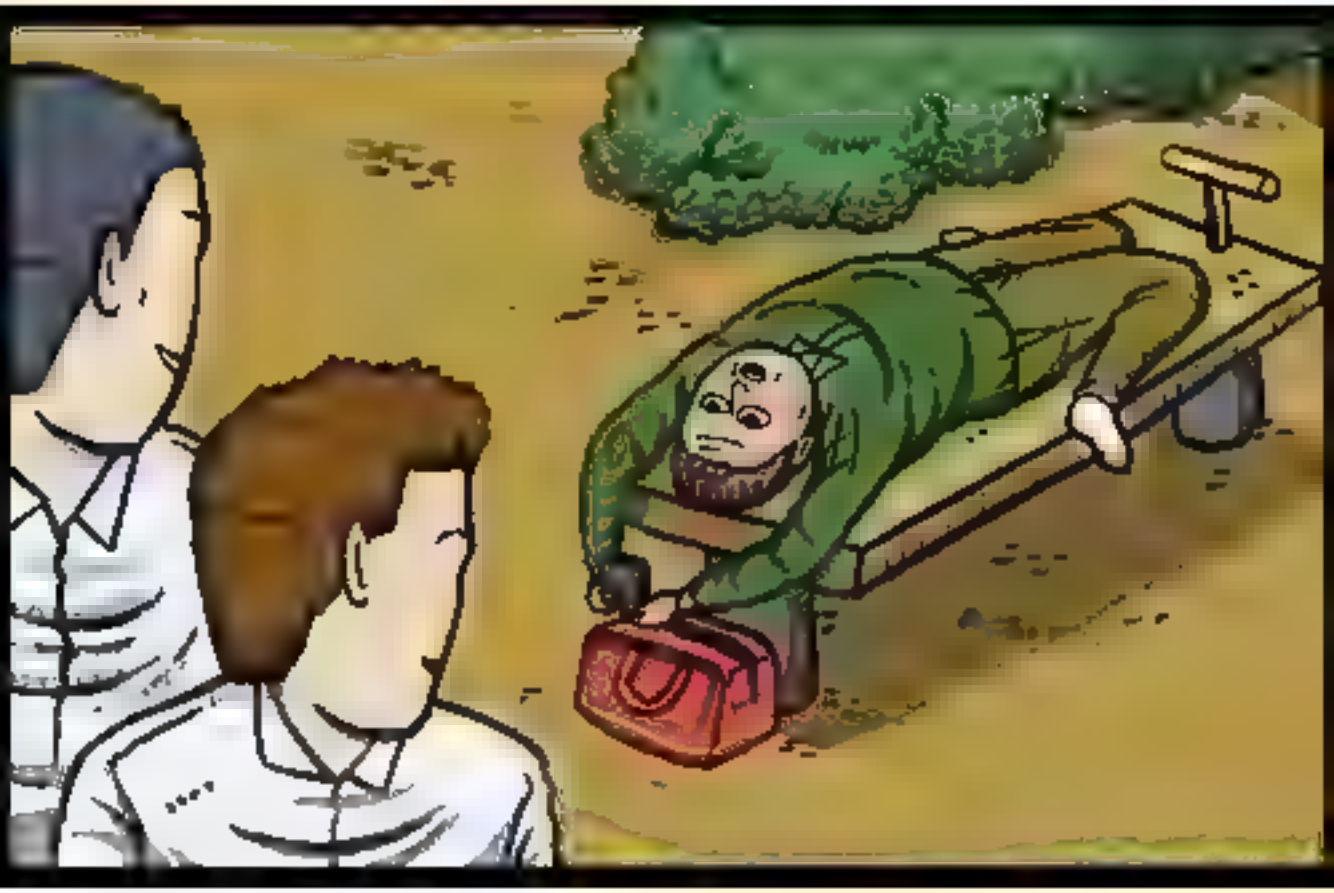
IN THE PARK

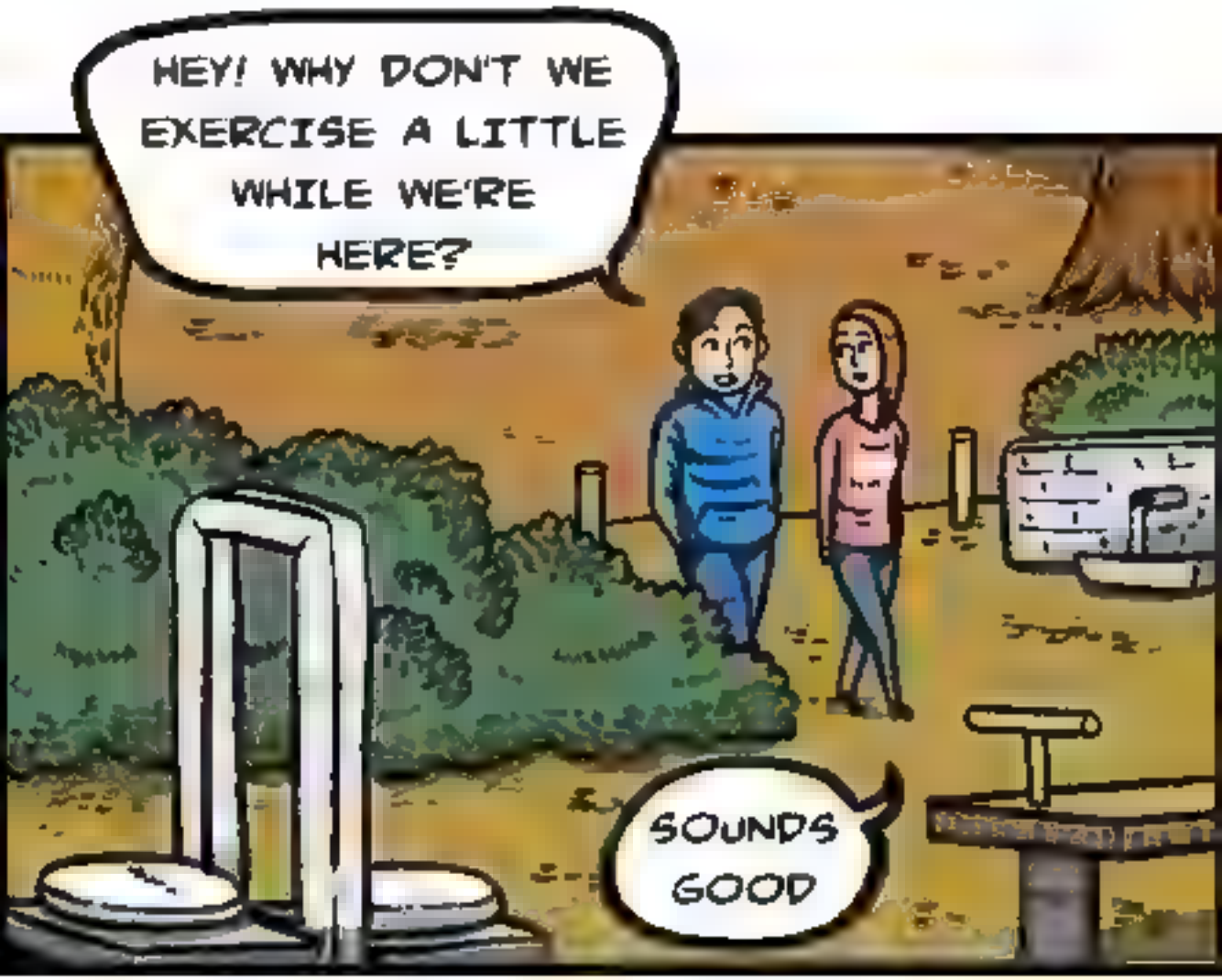


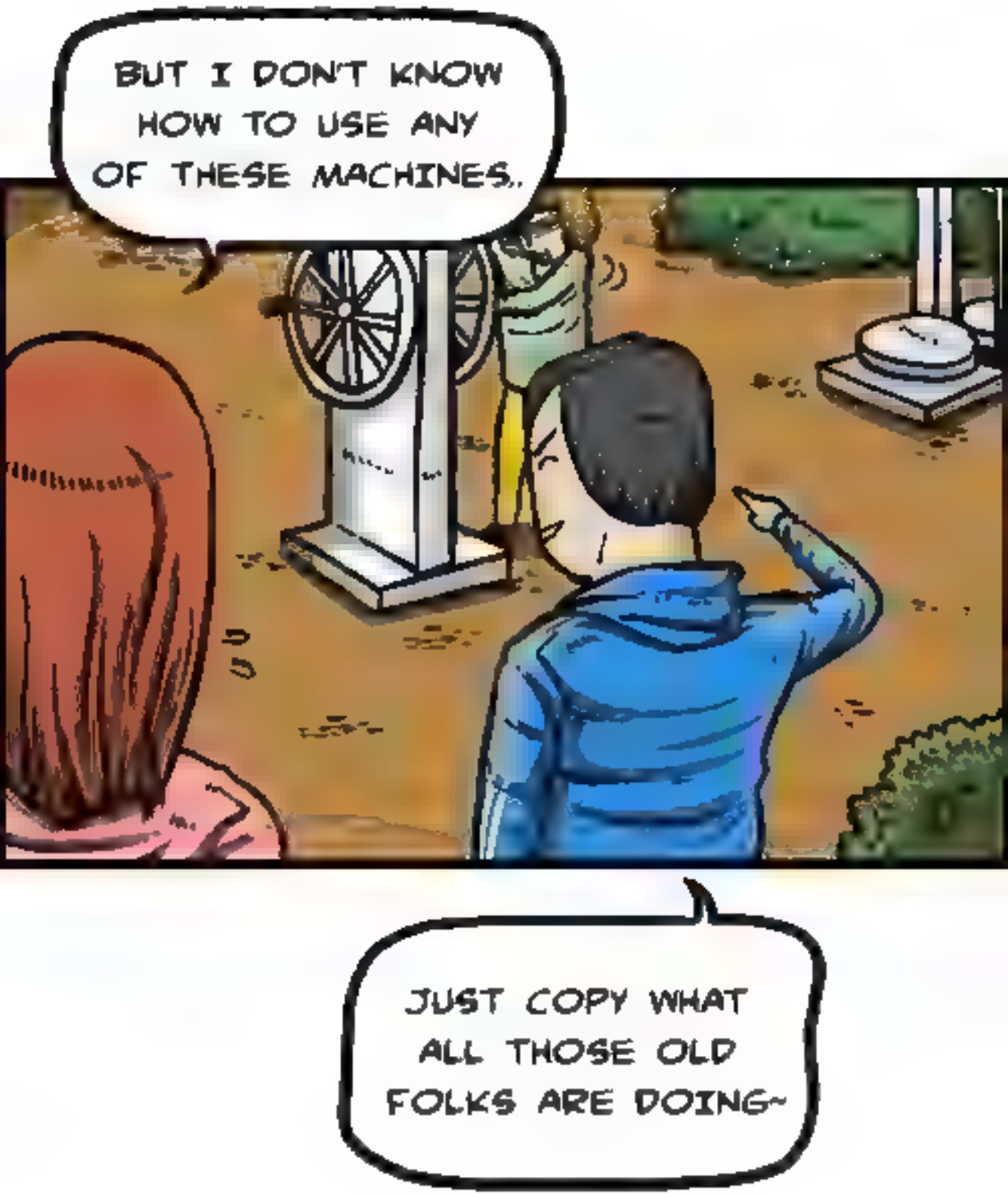
I CAN'T
EVEN MOVE
MY ARMS...
URGH!!!

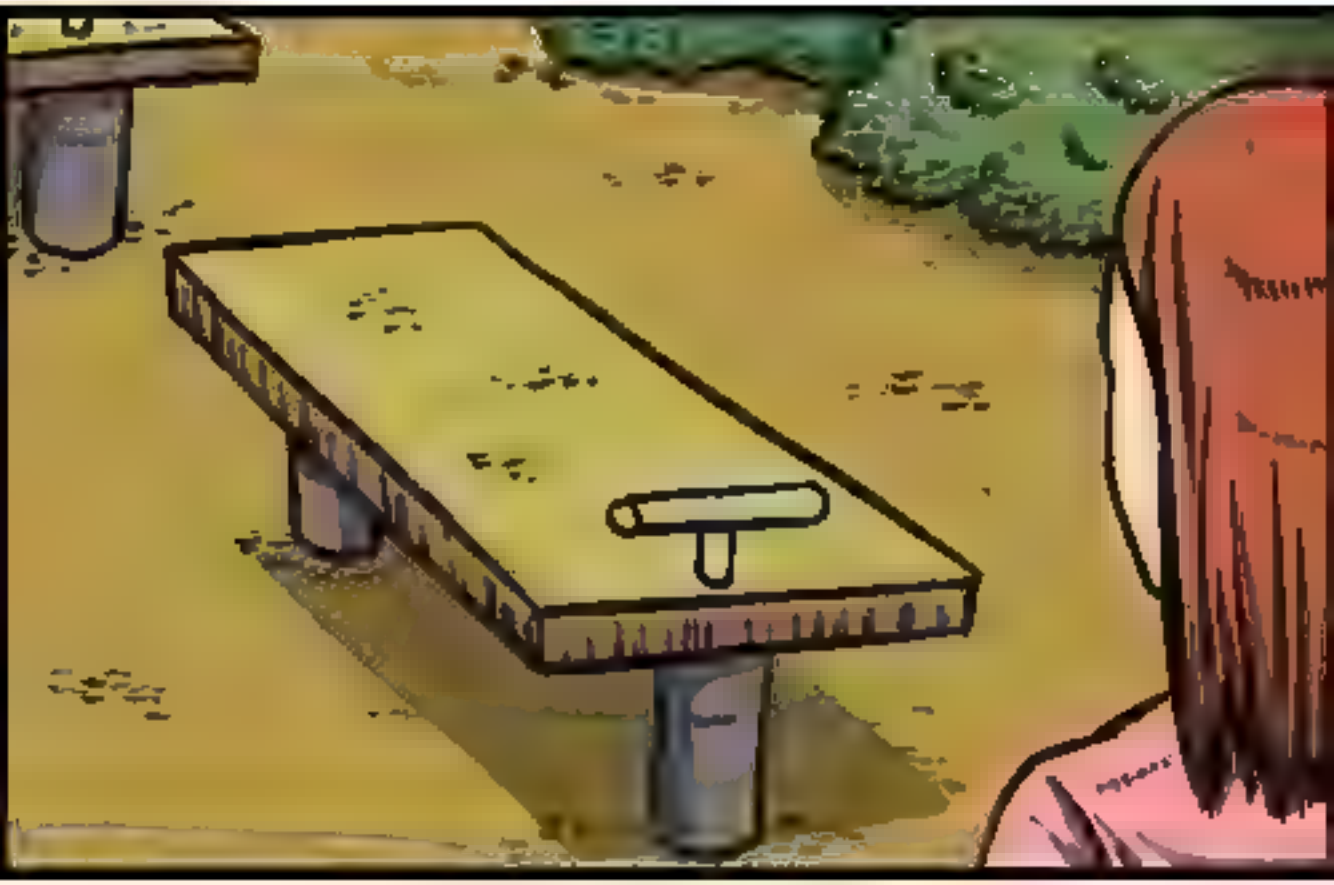
I'VE GOTTA
PHONE SEOK
FOR HELP...!

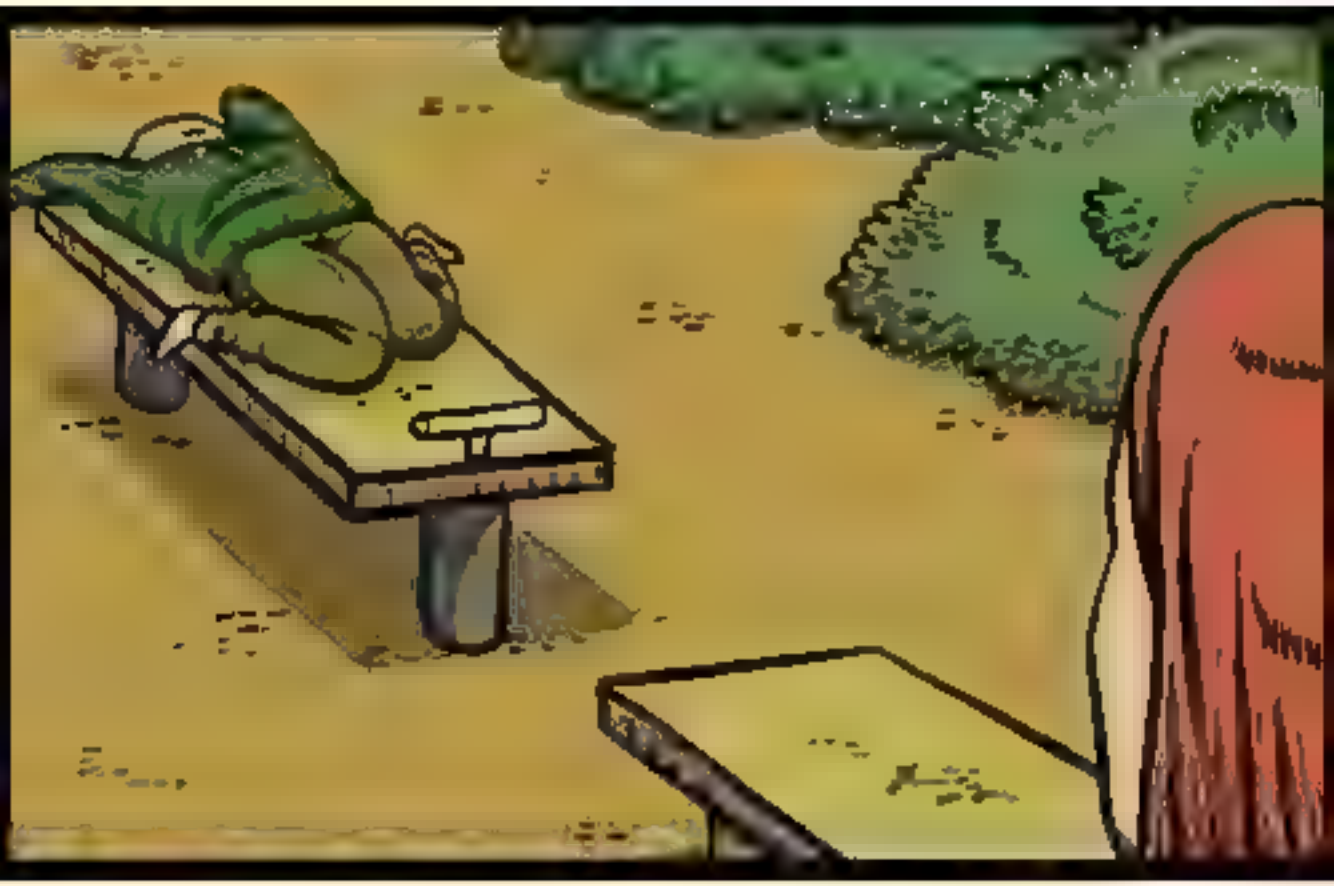
HEY! CHECK OUT THAT GIRL HAHAHA TAKING A SELFIE FROM ABOVE TO TRY AND LOOK THINNER HAHAHA
THAT'S SO LAME~ BAHAHAHA

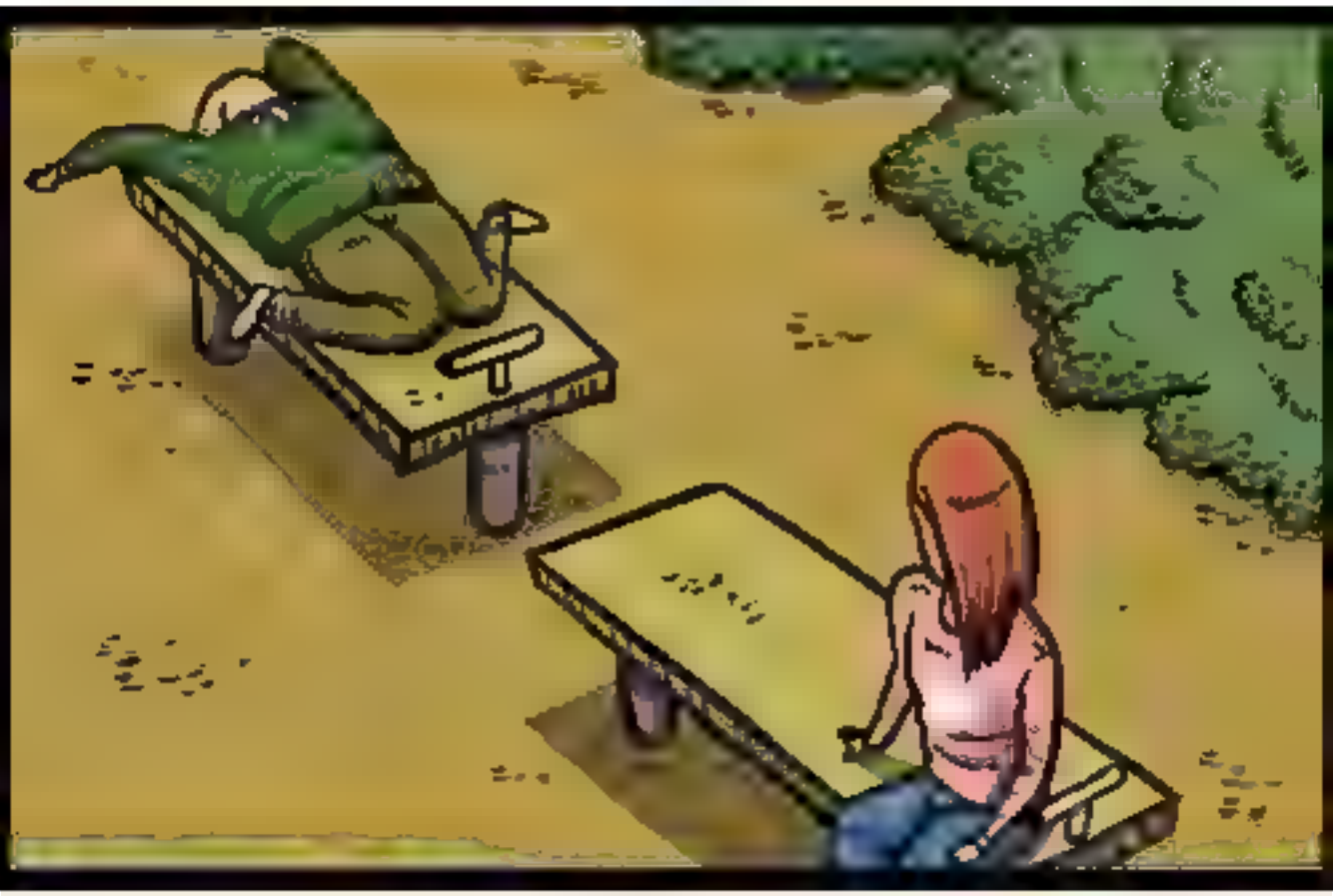


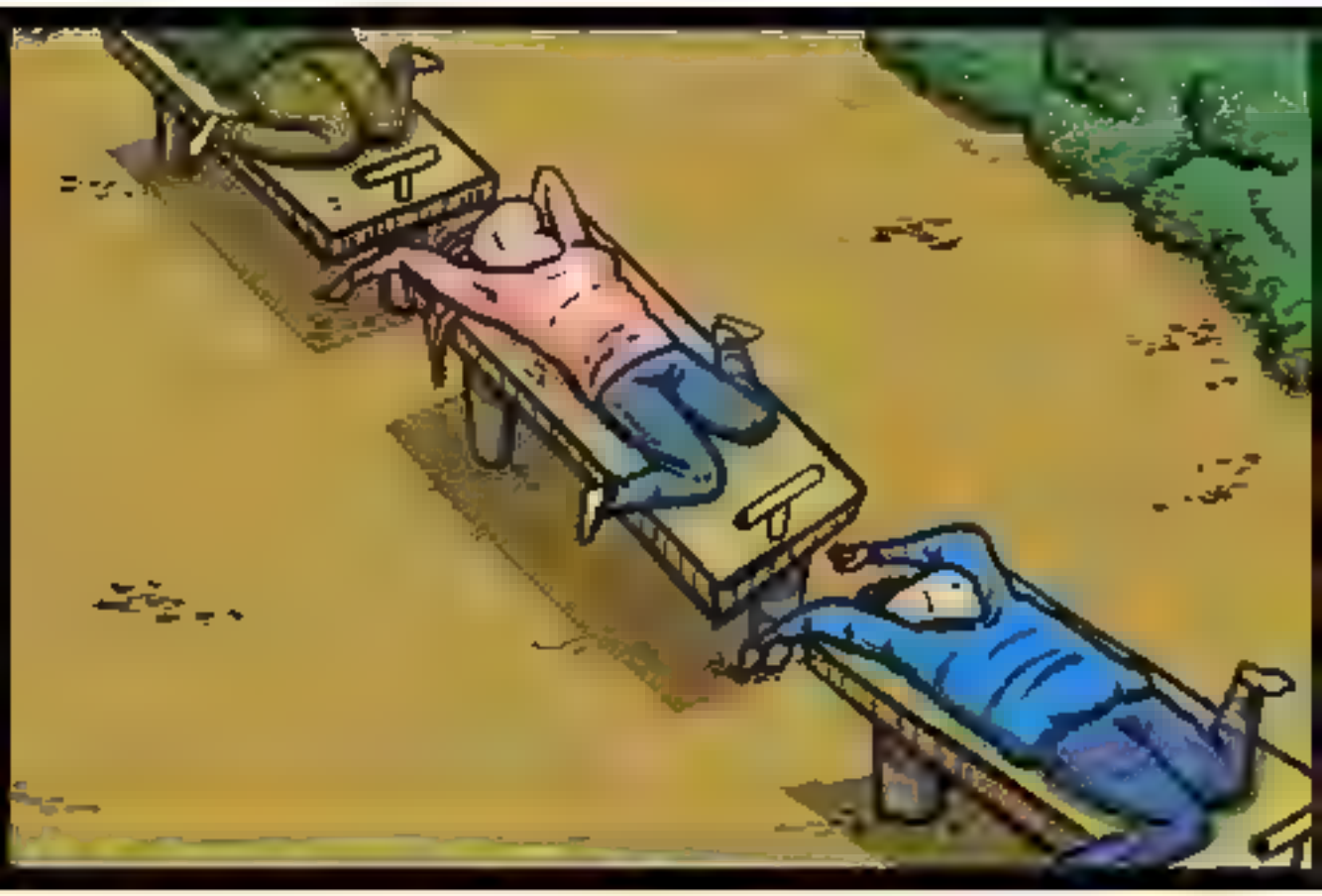

HEY! WHY DON'T WE EXERCISE A LITTLE WHILE WE'RE HERE?
SOUNDS GOOD

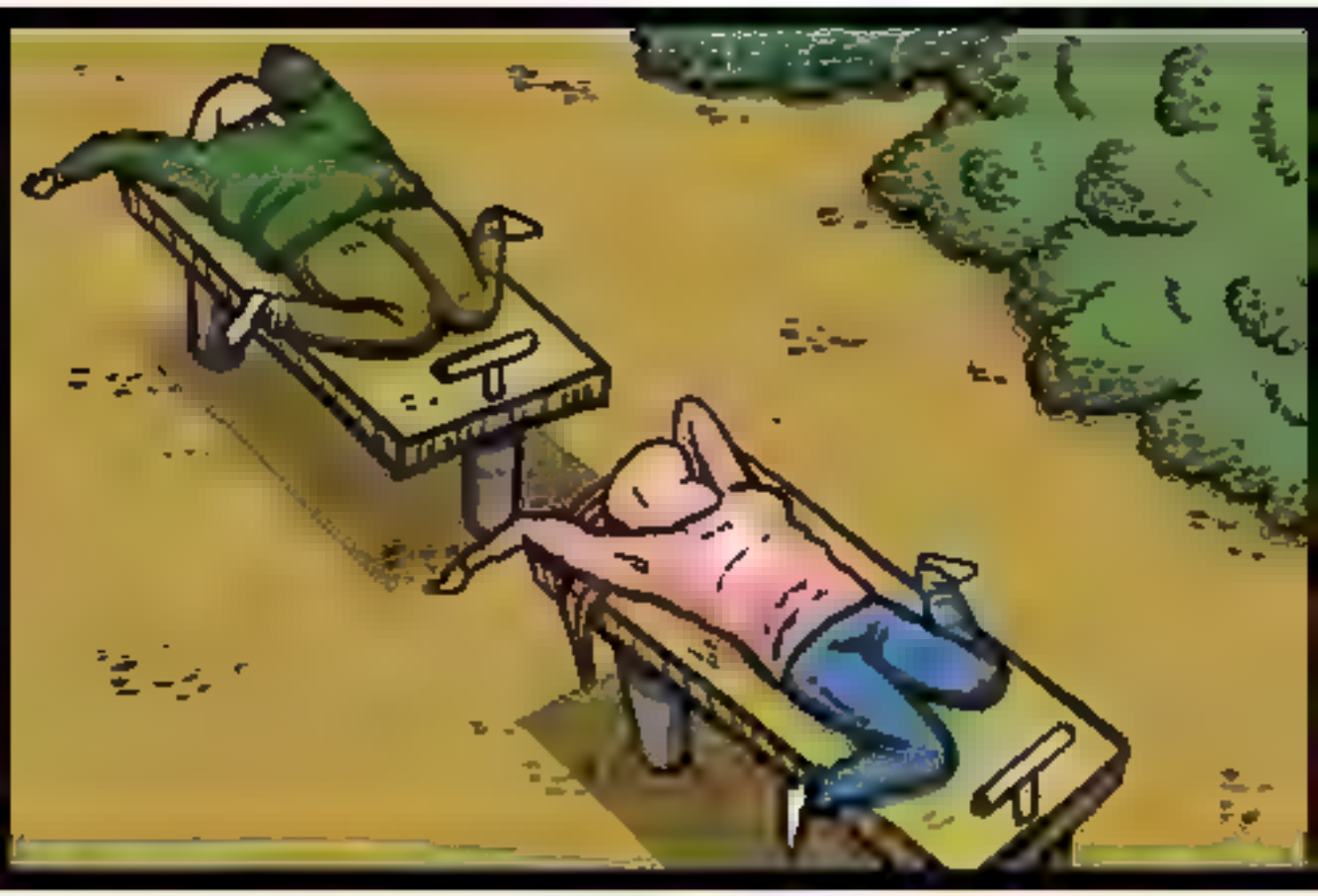

BUT I DON'T KNOW HOW TO USE ANY OF THESE MACHINES..
JUST COPY WHAT ALL THOSE OLD FOLKS ARE DOING~

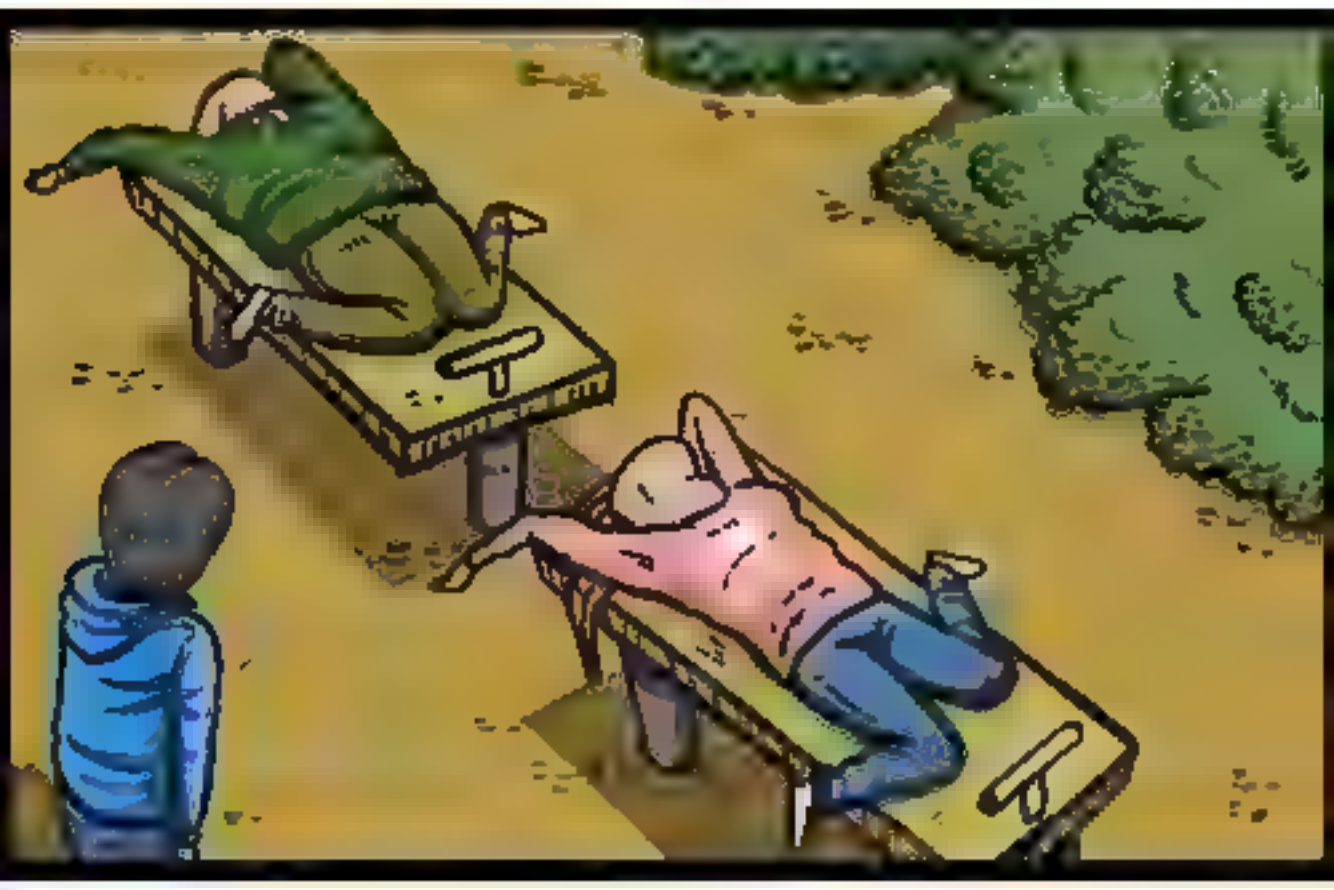








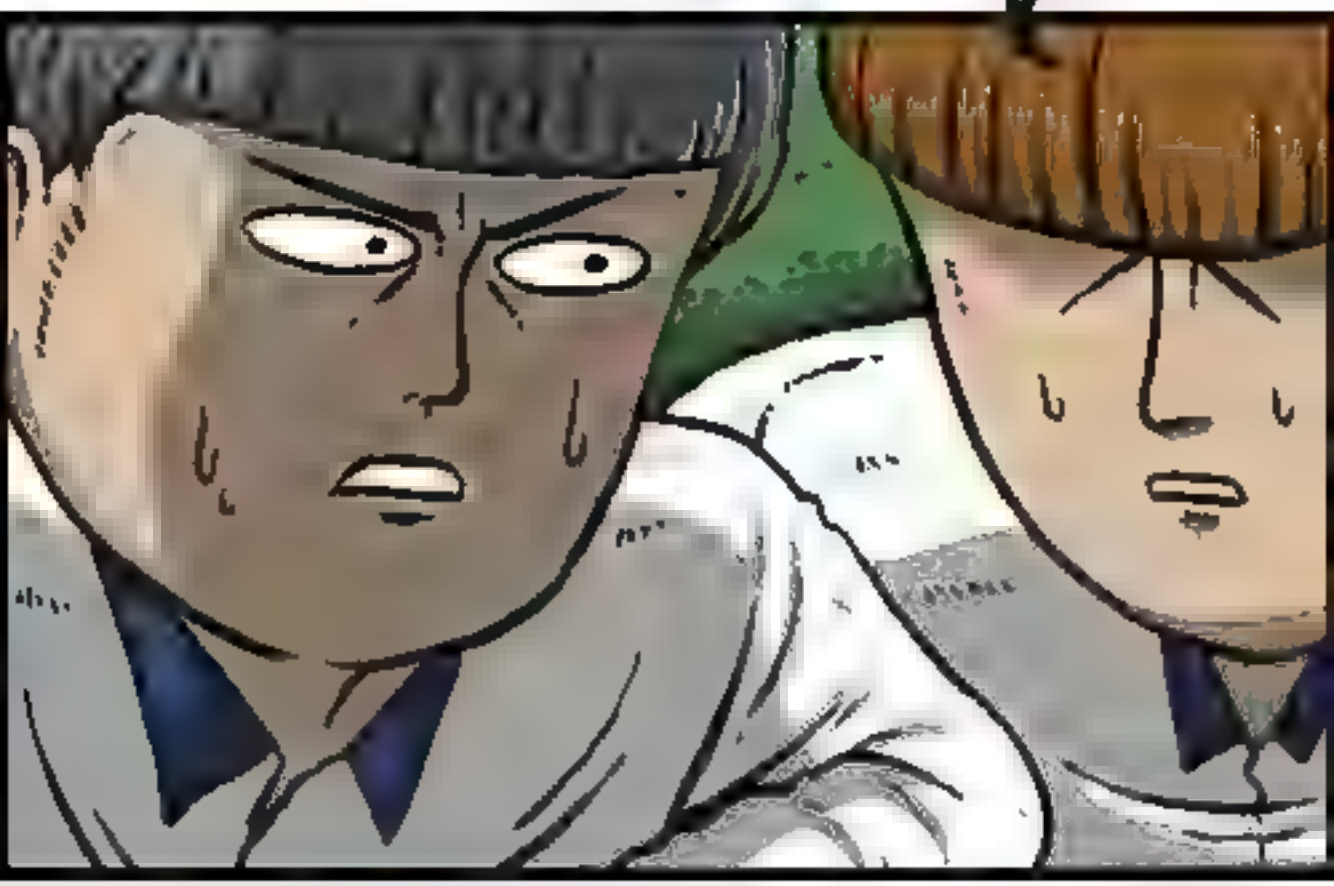




DAMN IT...
I CAN'T MOVE AT ALL..
OH! I SEE SOME STUDENTS! I'LL ASK THEM FOR HELP..

HEY, YOU KIDS OVER THERE!
JUMP

DUDE, I THOUGHT YOU SAID IT WAS SAFE TO SMOKE HERE...!



DON'T FREAK OUT.. IT'S JUST SOME OLD GUY..

MY BRO TOLD ME THAT IF WE JUST ACT TOUGH.. IT'LL SCARE GUYS LIKE HIM OFF

WHAT DO YOU WANT, MAN...
.....
WHISH

IT'S GETTING DARK..
I'VE GOTTA GET
OUT OF HERE..
STRUGGLE
STRUGGLE
I NEED TO
CALL HOME..

IS THIS
MY PHONE..?
FEELS LIKE IT..
GUM
GUM

IS THIS RIGHT...?
AM I HOLDING
MY CIGARETTES?

OH GOOD! SOUNDS LIKE IT'S DIALING!

OLD FAST

.....?

RUNNING SHOES
DOESN'T IT FEEL GREAT WHEN THEY FIT JUST RIGHT?
FUMBLE FUMBLE

THEY FIT JUST, RIGHT?

RUNNING SHOES
DOESN'T IT FEEL GREAT
WHEN THEY FIT JUST RIGHT?

.....?

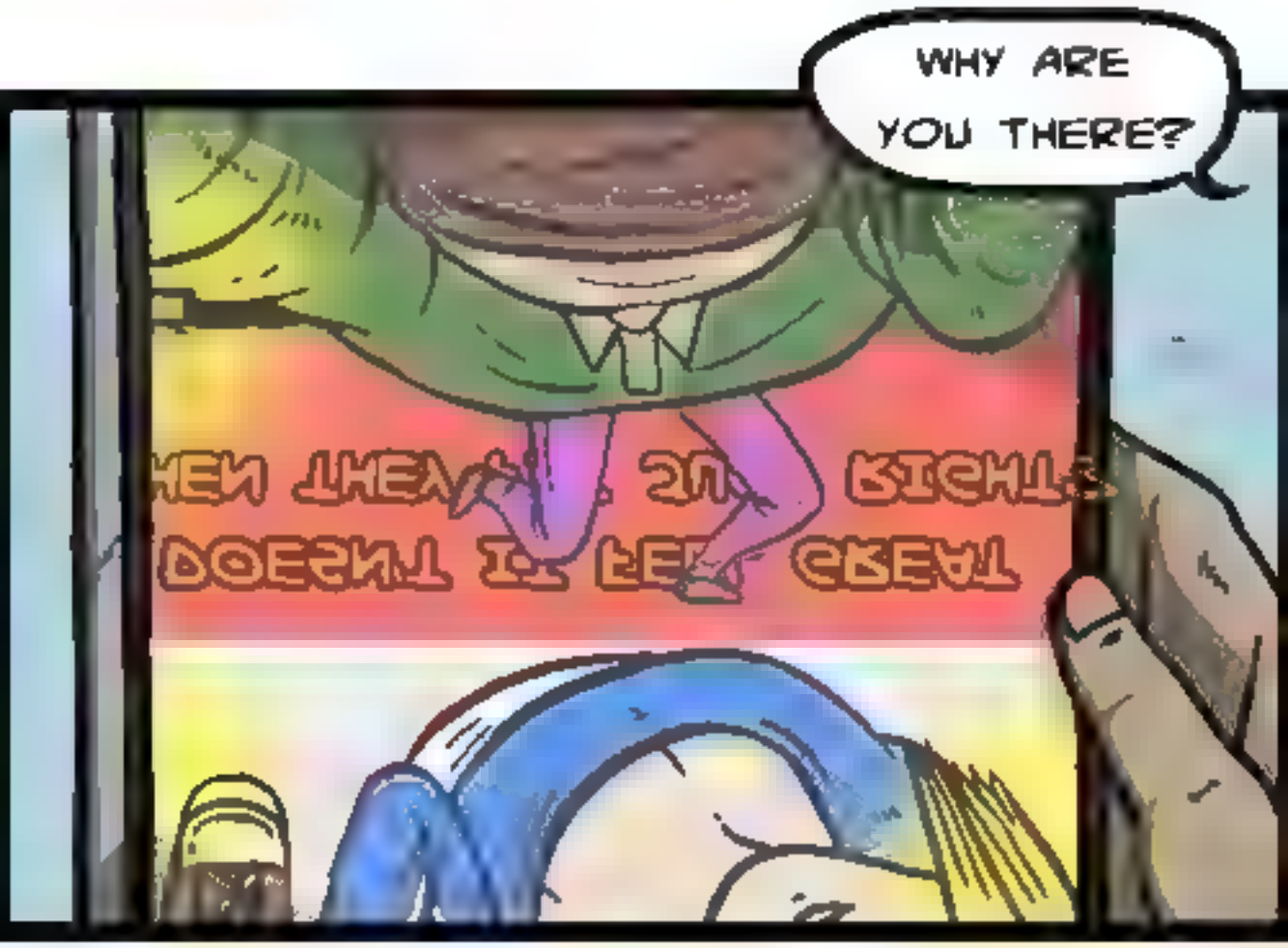
HELLO?

IS HE AT A CLUB...?

WHAT THE HELL ARE YOU DOING?

CAN YOU SEE ME?

OH I SEE YOU ALL RIGHT..


WHY ARE YOU THERE?

I WANTED TO GET SOME AIR...

YEAH, SURE YOU DID

I WAS TRYING ONE OF THOSE MOVES EVERYONE'S DOING NOWADAYS

YUP, SEEMS LIKE EVERYONE'S INTO THAT NOWADAYS

BRING A HARD STICK OR SOMETHING WHEN YOU COME

DON'T WORRY

I'LL BRING SOMETHING